

# The Portland Resource

Aging and Disability  
Resource Center of  
Fond du Lac County

**WINTER  
2016**



Happy Holidays and New Years from those of us at the ADRC! We hope you enjoy the Winter edition of The Portland Resource. Make sure to watch for our Spring edition which will be out in March 2017!

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

**Any feedback or questions, please contact Jackie at (920) 929-7506.**

*Contact Us*

...

The Aging & Disability  
Resource Center of  
Fond du Lac County is  
located at

**50 N. Portland  
Street  
Fond du Lac, WI  
54935**

Office Hours:  
Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466  
[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

**Press Releases**

Tuesday, October 18, 2016  
For Immediate Release



Mark Hinkle, Acting Press Officer  
[press.office@ssa.gov](mailto:press.office@ssa.gov)

## **News Release**

SOCIAL SECURITY

### **Social Security Announces 0.3 Percent Benefit Increase for 2017**

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at [www.Medicare.gov](http://www.Medicare.gov). For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

**NOTE TO CORRESPONDENTS:** Attached is a fact sheet showing the effect of the various automatic adjustments.

To get more Social Security news, follow the Press Office on Twitter @SSAPress.

<https://www.ssa.gov/news/press/releases/#/print/10-2016-1>



## SAVE A SMILE ADULT DENTAL PROGRAM



### DO YOU NEED DENTAL CARE?

#### Who is Eligible?

Fond du lac County residents seeking URGENT dental care who currently have Medical Assistance coverage only; or meets required income level.

#### The Program

Registered Dental Hygienists enroll eligible adults, assess URGENT dental health needs, provide dental health education, and coordinate dental visits with contracted local dental providers. For URGENT needs only.

Save a Smile can assist adults needing URGENT dental care within our community to help improve their oral health.

Please call to find out how we can help you!  
Interpreter available

Save a Smile Dental Program  
Fond du Lac County Health Department  
920-929-3090



### Stepping On

Building confidence,  
reducing falls

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

Stepping On class dates being set soon!

Watch the March 2017 newsletter for additional information and sign up for a Stepping On falls prevention class!



# National Family Caregivers Month: Insights and Suggestions for Those Who Care for Persons with Disabilities Every Day

**By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired**

National Family Caregivers Month honors the compassionate family members, friends and neighbors, along with dedicated paid caregivers, who help a growing population of aging and disabled adults.

According to the National Care Planning Council, about 20 percent of people in the U.S. provide part-time or full-time care for someone in need. Formal caregivers serve as either volunteers or paid care providers hired through a service system. Informal caregivers tend to be family, friends, neighbors or church members who lend unpaid care to a disabled or aging person.

About 75 percent of caregivers are also still employed full or part-time and many have to readjust their work schedules, take on less hours, or accept an unpaid leave to provide care.

While many family members have a strong desire to serve as caregivers for their loved ones, it can be quite stressful. When working with someone with a visual impairment, there are specific tips that can reduce stress on the caregiver, as well as provide the best care possible for the individual with vision loss. Prevent Blindness lists four elements of success in living with low vision: tenacity, adaptability, support, and knowledge.

Tenacity represents the goal of finding new directions. If a caregiver is persistent in searching for valuable tools and resources to maintain a high level of care, the person receiving care should enjoy a good quality of life.

Adaptability reflects a desire to change how things are done. Most people have little or no control over how they lose their vision, but

choices can be made to adapt to living with it.

Support highlights the importance of “cope-ability,” according to Prevent Blindness. For caregivers, providing understanding and assistance is very important when caring for someone with low vision.

Knowledge is the most effective defense against the effects of vision loss because it helps the caregiver provide better care when they know what resources to utilize.

Prevent Blindness lists 12 specific tips when caring for someone who is visually impaired:

- Use contrasting colors and limit the number of colors to avoid confusion.
- When writing, use a dark, bold pen or marker (not a pencil) and don’t use cursive.
- When using email in rich text, increase the font size to at least 16 points. Use fonts that are easier to read.
- Spend time learning about low vision technology and devices.
- Use simple ways to help the care recipient easily adapt their home for a safer environment.

- Assist the recipient in “seeing” with their ears with descriptive accounts of locations, people and objects.
- When serving a meal, use the “clock face” method to help the recipient find food on their plate.
- Include the recipient in social gatherings and encourage them to participate in a support group.
- When guiding the recipient, allow them to grasp your arm. While using stairs, proceed one step ahead.
- While guiding to a seat, let the recipient touch the chair or bench first, to allow them to seat themselves.
- Let them know that good nutrition and exercise is important for a healthy life.
- A trained professional can also provide low vision rehabilitation services, which is vital for continuing care.

For more information, go to [www.preventblindness.org](http://www.preventblindness.org).

Source:

<http://wcblind.org/news/283-national-family-caregivers-month>

## SELF-DETERMINATION & SUPPORTED DECISION MAKING

Any person in Wisconsin over the age of 18 is legally an adult, and is presumed to be able to manage his or her own financial affairs, choose where to live, consent to medical treatment, vote, make contracts, marry, and exercise his or her own legal rights as an adult. This presumption **does not** change because a person has a disability.



**Self-Determination** refers to an individual having control over all aspects of his or her life and exercising basic rights of citizenship, liberty and the pursuit of happiness.

### When Denied Self-Determination:

- Feel Helpless, Hopeless and Self-Critical
- Experience low self-esteem, passivity and feelings of inadequacy and incompetency, decreasing their ability to function

### Benefits of Self-Determination:

- Healthier
- More independent
- More well-adjusted
- Better able to recognize and resist abuse
- Less likely to be abused
- Improved psychological health
- Better quality of life
- More community integration

**Supported Decision Making** is an alternative to guardianship through which people use friends, family members and professionals to help them understand situations and choices they face, so that they make their own decisions without the "need" for guardianship. (Blanch & Martinis, 2015)

### \*\*\*Supported Decision Making Options\*\*\*

- Power of Attorney for Health Care
- Financial Power of Attorney
- Conservatorship
- Living Will
- Representative Payee
- Joint Account
- Trusts

## White Chocolate Cranberry Cookies

\*\*\*Diabetic Friendly!

**TOTAL TIME:** Prep: 20 min. Bake: 10 min. /batch **YIELD:** 24 servings

### Ingredients

- 1/3 cup butter, softened
- 1/2 cup packed brown sugar
- 1/3 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup dried cranberries
- 1/2 cup white baking chips



### Directions

- **1.** In a large bowl, beat butter and sugars until crumbly, about 2 minutes. Beat in egg and vanilla. Combine the flour, salt and baking soda; gradually add to butter mixture and mix well. Stir in cranberries and chips.
- **2.** Drop by heaping tablespoonful's 2 in. apart onto baking sheets coated with cooking spray. Bake at 375° for 8-10 minutes or until lightly browned. Cool for 1 minute before removing to wire racks.
- Yield: 2 dozen.

### Nutritional Facts

1 each: 113 calories, 4g fat (2g saturated fat), 16mg cholesterol, 109mg sodium, 18g carbohydrate (10g sugars, 0 fiber), 1g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

Source: <http://www.tasteofhome.com/recipes/white-chocolate-cranberry-cookies/print>



## Holidays and Alzheimer's Families

**The holidays are a time when family and friends often come together. But for families living with Alzheimer's** and other dementias, the holidays can be challenging. Take a deep breath. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions.

- Familiarize others with the situation
- Adjust expectations
- Involve the person with dementia
- Adapt gift giving
- When the person lives in a care facility

### **Familiarize others with the situation**

The holidays are full of emotions, so it can help to let guests know what to expect before they arrive.

If the person is in the early stages of Alzheimer's, relatives and friends might not notice any changes. But the person with dementia may have trouble following conversation or tend to repeat him- or herself. Family can help with communication by being patient, not interrupting or correcting, and giving the person time to finish his or her thoughts.

If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last time an out-of-town friend or relative has visited. These changes can be hard to accept. Make sure visitors understand that changes in behavior and memory are caused by the disease and not the person.

You may find this easier to share changes in a letter or email that can be sent to multiple recipients. Here are some examples:

>> "I'm writing to let you know how things are going at our house. While we're looking forward to your visit, we thought it might be helpful if you understood our current situation before you arrive.

>> "You may notice that \_\_\_ has changed since you last saw him/her. Among the changes you may notice are \_\_\_.

>> "Because \_\_\_ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable.

>> "Please understand that \_\_\_ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates your being with us and so do I."

### **Adjust expectations**

#### **Call a meeting to discuss upcoming plans.**

The stress of caregiving responsibilities layered with holiday traditions can take a toll. Invite family and friends to a face-to-face meeting, or if geography is an obstacle, set up a telephone conference call. Make sure everyone understands your caregiving situation and has realistic expectations about what you can do. Be honest about any limitations or needs, such as keeping a daily routine.

#### **Be good to yourself.**

Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider paring it down to a few guests for a simple



meal. Let others contribute. Have a potluck dinner or ask them to host at their home. You also may want to consider breaking large gatherings up into smaller visits of two or three people at a time to keep the person with Alzheimer's and yourself from getting overtired.

### **Do a variation on a theme.**

If evening confusion and agitation are a problem, consider changing a holiday dinner into a holiday lunch or brunch. If you do keep the celebration at night, keep the room well-lit and try to avoid any known triggers.

## **Involve the person with dementia**

### **Build on past traditions and memories.**

Focus on activities that are meaningful to the person with dementia. Your family member may find comfort in singing old holiday songs or looking through old photo albums.

### **Involve the person in holiday preparation.**

As the person's abilities allow, invite him or her to help you prepare food, wrap packages, help decorate or set the table. This could be as simple as having the person measure an ingredient or hand decorations to you as you put them up. (Be careful with decoration choices. Blinking lights may confuse or scare a person with dementia, and decorations that look like food could be mistaken as edible.)

### **Maintain a normal routine.**

Sticking to the person's normal routine will help keep the holidays from becoming disruptive or confusing. Plan time for breaks and rest.



## **Adapt gift giving**

### **Encourage safe and useful gifts for the person with dementia.**

Diminishing capacity may make some gifts unusable or even dangerous to a person with dementia. If someone asks for gift ideas, suggest items the person with dementia needs or can easily enjoy. Ideas include: an identification bracelet (available through MedicAlert® + Alzheimer's Association Safe Return®), comfortable clothing, audiotapes of favorite music, videos and photo albums.

### **Put respite care on your wish list.**

If friends or family ask what you want for a gift, suggest a gift certificate or something that will help you take care of yourself as you care for your loved one. This could be a cleaning or household chore service, an offer to provide respite care, or something that provides you with a bit of rest and relaxation.

## **When the person lives in a care facility**

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs and ask if other residents can join in
- Read a favorite holiday story or poem out loud

Source: <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

## alzheimer's association

### Memory Café

*Share your stories and  
socialize with others who  
have worries about  
their memory.*



**When:** Fourth Thursday of every month

**Time:** 1:00 - 2:30 pm

**RSVP** to Mary Voell at 414.779.8484

**Some of 2017 Dates. Watch the next newsletter  
for more information!!**

*January 26 - Creating Moments of Joy*

*February 23 - Anniversaries. Birthdays & Celebrations*

*March 23 - A Way with Words*

*April 27 - Games. Puzzles & Trivia*

*May 25 - Birds & Bugs. Bees & Butterflies*

*June 22 - Building Sandcastles in the Sky*



# Christmas Crossword



## ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

## DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle \_\_\_\_\_"
10. Christmas tree
11. O. Henry's "The Gift of the \_\_\_\_"
12. What carolers do
15. French Christmas.
16. Snow glider



Copyright © Kim Steele - Puzzles to Print

Source: <http://www.puzzles-to-print.com/image-files/christmas-tree-crossword.gif>

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



50 North Portland Street  
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jackie at (920) 929-7506, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list  
for our newsletter please call  
(920) 929-3466, TTY: Use Relay, or email  
[adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Spring edition of  
The Portland Resource in March 2017!!**